

Managing Panic Attacks

Symptoms of a Panic Attack



Racing heart



Shortness of breath



Chest pain



Sweating



Dizziness



Shaking



Nausea



Fear of dying



Urge to flee



Difficulty concentrating



Two Methods to Manage a Panic Attack

Grounding

Use your senses to ground yourself in the present by focusing on your surroundings.

Name: 5 things you can **see**
4 things you can **touch**
3 things you can **hear**
2 things you can **smell**
1 thing you can **taste**

TIPP

Physical techniques to quickly calm your body's stress response.

T = Cool your body **temperature**
I = Engage in **intense exercise**
P = **Paced breathing** to calm your system
P = **Progressive Muscle Relaxation**

Scan QR code for a free TIPP guide!



Keep In Mind . . .

- ✓ Symptoms are temporary and you can get through them.
- ✓ Your body is communicating something important about your emotional experience.

Mental Health Care

Reach out if panic attacks persist and are affecting your daily life. Our trained therapists are here to help.

Give Us a Call
202-952-7105